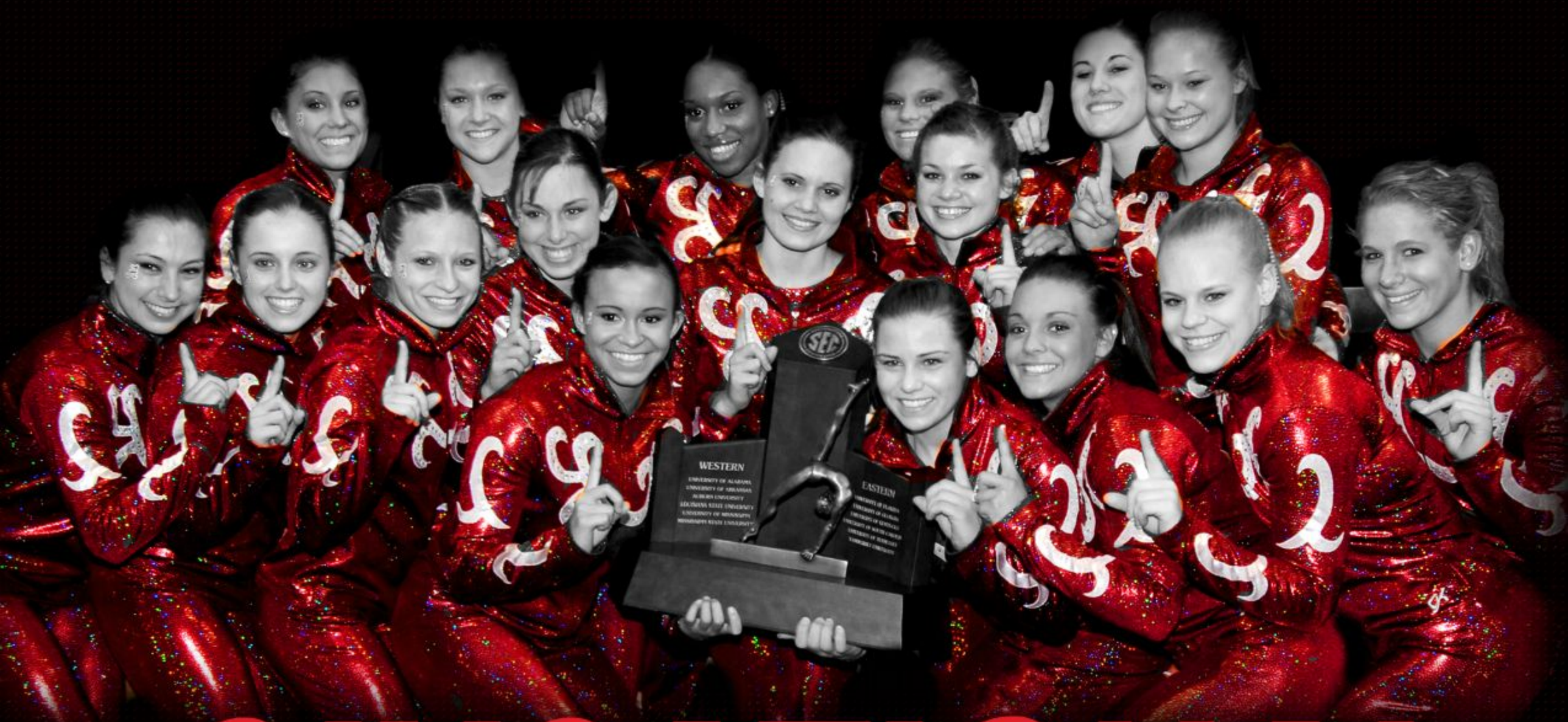
TALK OF THE TIDE

VOLUME 1 ISSUE 7



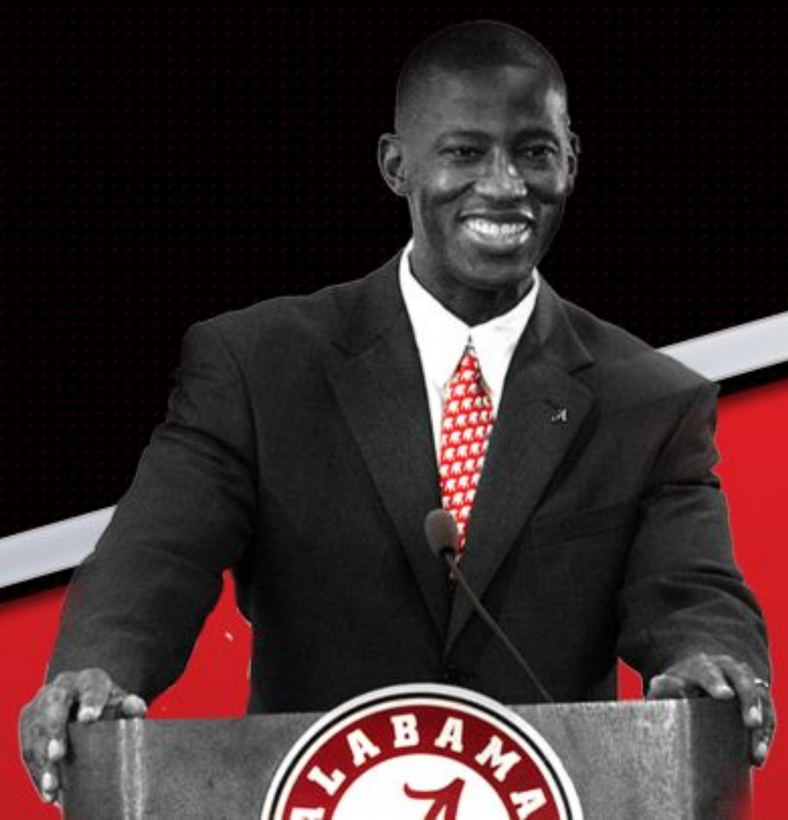
SIXSATIONAL

ALABAMA GYMNASTICS WINS IT'S 6TH SEC TITLE!

PAGE 10

ALABAMA HIRES ANTHONY GRANT

PAGE 6



INSIDE

2 FROM THE DESK OF MAL MOORE

4 NEWS

6 INTRODUCING ANTHONY GRANT

8 TIDEBITS

10 CHAMPIONSHIP CALIBER

12 ROLL CALL

13 SAAC UPDATE

14 ALABAMA PRO DAY

16 Q & A FOOTBALL STRENGTH AND CONDITIONING COACH SCOTT COCHRAN

18 SCHEDULES AND PROMOTIONS

20 COMPLIANCE CHALLENGE

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FROM THE DESK OF MAL MOORE

Spring time and the month of April are always a special time on the campus of our University. Our spring sports are all in full swing, while our gymnastics team is preparing for its most important meets after celebrating another SEC title under the leadership of Coach Sarah Patterson.

As all of you know our spring football game is set for Saturday, April 18, at 2 p.m. CST. I can't express how important your attendance the past two years has helped the Crimson Tide re-establish itself as one of the pre-eminent programs in all of college football. Coach Saban has repeatedly said that the capacity crowd in 2007 and the 78,000-plus that were at last year's game played a major role in helping us record two consecutive nationally-recognized recruiting classes.

Again, you can make a difference by showing your support on A-Day weekend by being on campus and cheering on your 2009 Alabama football team. ESPN will be here to televise the game live, which is somewhat of a rarity this year with the fiscal cutbacks put in place by a number of cable networks. Showcasing our program to the entire nation on ESPN is yet another bonus for our football program.

It has also been an extremely exciting time for all of us as we wrapped up the search for the new men's basketball coach at the Capstone. Returning Alabama to a perennial NCAA Tournament team and conference contender certainly is something we feel Coach Anthony Grant will do.

Coach Grant's record of achievement is already substantial and I feel completely confident that he will enjoy even more success as the leader of the Crimson Tide program. I also want to stress how much I appreciate the job Wendell Hudson did this year in leading our women's basketball team. Facing a major rebuilding task, Wendell's team competed hard all year long and I have no doubt he has our program headed in the right direction.

We look forward to seeing many of you on campus for A-Day. Let's again show the nation why the Alabama Crimson Tide is special.

Roll Tide!

Mal Moore
Director of Athletics

SNAPSHOTS:
Coach Saban and players accept the ODK trophy at halftime of the Auburn vs. Alabama baskeball game on March 3, 2009.

THE UNIVERS
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ALABAMA

NEWS

FROM THE MAL M. MOORE ATHLETIC COMPLEX

SOFTBALL

SOFTBALL STADIUM UPGRADES WITH A NEW OUTDOOR VIEWING PLAZA IN RIGHT FIELD

For the University of Alabama Softball team, home field advantage is exactly what it means. After walking through the $2.2 million stadium and clubhouse, it is easy to imagine how the Crimson Tide is ranked annually in the top #5 in the nation.

In the month of March, the athletic department upgraded the Softball Stadium with improvements to the existing stadium, including a new outdoor viewing plaza in right field, as well as new terraced earthen seating in the outfield for approximately 400 spectators. The plaza is constructed of scored concrete, ornamental metal fencing and gates and landscaping. Amenities include a drink rail, fixed stand-up tables, and loose metal picnic tables. The plaza is wired to accommodate two portable concessions kiosks. The terraced seating is constructed of segmental retaining walls with gravel seating positions and concrete walks connecting various levels, as well as a coated chain-link fence enclosure.

"We are extremely fortunate to have the top softball facility in the country," said head coach Patrick Murphy. "I have been to many places and this one tops them all. With the private suites, the shade for the fans, the state-of-the-art press box and player amenities, and now a new outdoor viewing plaza and seating in right field, this is a mini-major league park. We are aiming to break the all-time attendance record in a season and with the improvements and increased seating, our fan base through their attendance can continue to be dubbed 'The Best Softball Fans in the Country'."

COMPLANCE

COMPLIANCE LAUNCHES NEW WEBSITE

On March 26, the University of Alabama Athletic Compliance office launched an updated version of the compliance website on rolltide.com. The site features interactive quizzes, recent headlines from the NCAA and SEC, and valuable information for all Alabama student-athletes, staff, faculty, fans, and boosters. The updated compliance website also includes an email section allowing visitors to ask the Tide compliance staff questions or make anonymous tips directly from the home page. Rules education videos featuring Crimson Tide student-athletes will soon be available, as well as previous popular links like the Question of the Week. Check out the latest compliance news at http://www.rolltide.com/compliance/alab-compliance.html.

BASEBALL

WELLS NOTCHES 600TH WIN

Alabama head baseball coach Jim Wells won his 600th game at Alabama when the Crimson Tide posted a lopsided 24-0 win over Alabama A&M on March 17. Wells became the seventh coach in SEC history to win 600 games at one school, joining former SEC greats Ron Polk (1,218), Skip Bertman (870), Keith Madison (735), Rod Delmonico (699), Roy Mewbourne (655) and Hal Baird (634) as the only coaches with 600 wins at an SEC school. In addition, Wells is currently sixth on the SEC's all-time list in terms of winning percentage, winning nearly 66 percent of his games for the Tide. He coached his 900th game at Alabama earlier this season when the Tide played Auburn in the 2009 MAX Capital City Classic in Montgomery on March 10.

2009 CRIMSON CARAVAN

For members of TIDE PRIDE, the A+ Incentives Program, the National Alumni Association, the Red Elephant Club, or A-Club, Alabama head football coach Nick Saban, along with other UA coaches, deans and staff, will be traveling on the Crimson Caravan to one of the eight locations this spring.

If you would like to purchase tickets to Crimson Caravan, visit http://www.rolltide.com/tickets/2009-crimson-caravan.html

JUNG, ROGERS NAMED ALABAMA MCWHORTER NOMINEES

Tennis player Michael Jung and softball player Brittany Rogers have been nominated by the University of Alabama for the H. Boyd McWhorter Scholar-Athlete Post-Graduate Scholarship. The H. Boyd McWhorter Scholar-Athlete Post-Graduate Scholarship has been presented by the Southeastern Conference since 1986 to the league's top male and female scholar-athletes. The Southeastern Conference will name the 2009 recipients of the H. Boyd McWhorter Scholar-Athlete Post-Graduate Scholarship on April 6 in conjunction with National Student-Athlete Day (award not announced prior to publication circulation).

Jung, a senior from Suwanee, Ga., is majoring in Marketing. He is a three-time member of the SEC Academic Honor Roll and a four-time member of the Dean's List. Last year, Jung earned the Intercollegiate Tennis Association's Scholar-Athlete Award. He also has earned the U.S. Steel Foundation Scholarship in Supply Chain Management, Annie Pride Tompkins Moore Scholarship, Harold Chitwood-Gold Kist Scholarship, Commerce Executive Society Entrepreneurial Scholarship, Dr. George H. and Jane Denny Scholarship, Crimson Achievement Scholarship and the Elton B. Stephens Management and Marketing Scholarship at Alabama.

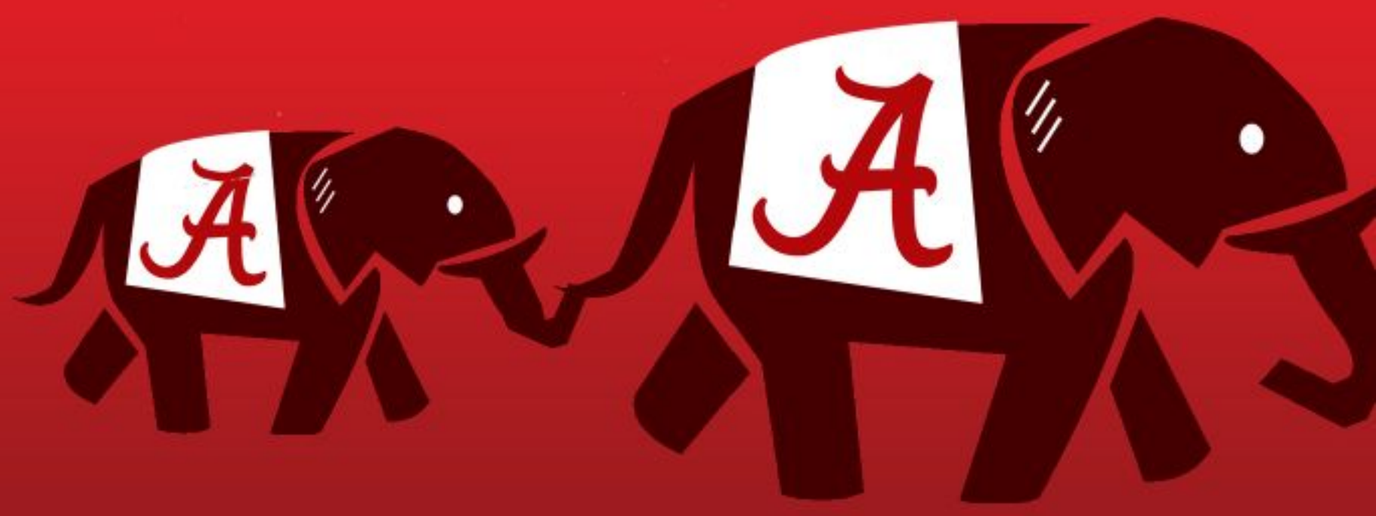
Rogers, a senior from Dacula, Ga., majors in Elementary Education. She has been a member of the Dean's List for five semesters, a member of the President's List for three semesters and a three-time member of the SEC Academic Honor Roll.

She was an Arthur Ashe Sports Scholar Award winner in 2007 and a nominee to the NCAA Foundation Leadership Conference in 2008. Rogers has been a member of the Alabama Student-Athlete Advisory Committee since 2006 and is its president this year. She has been active in community service throughout her time at the Capstone. She has been involved with Project Angle Tree, Easter Seal Walk and Hurricane Katrina relief. She has spoken to elementary school children, visited retirement homes and collected canned goods for food banks. In 2007, Rogers was a member of the SEC Community Service Team.

BRITTANY ROGERS
SOFTBALL

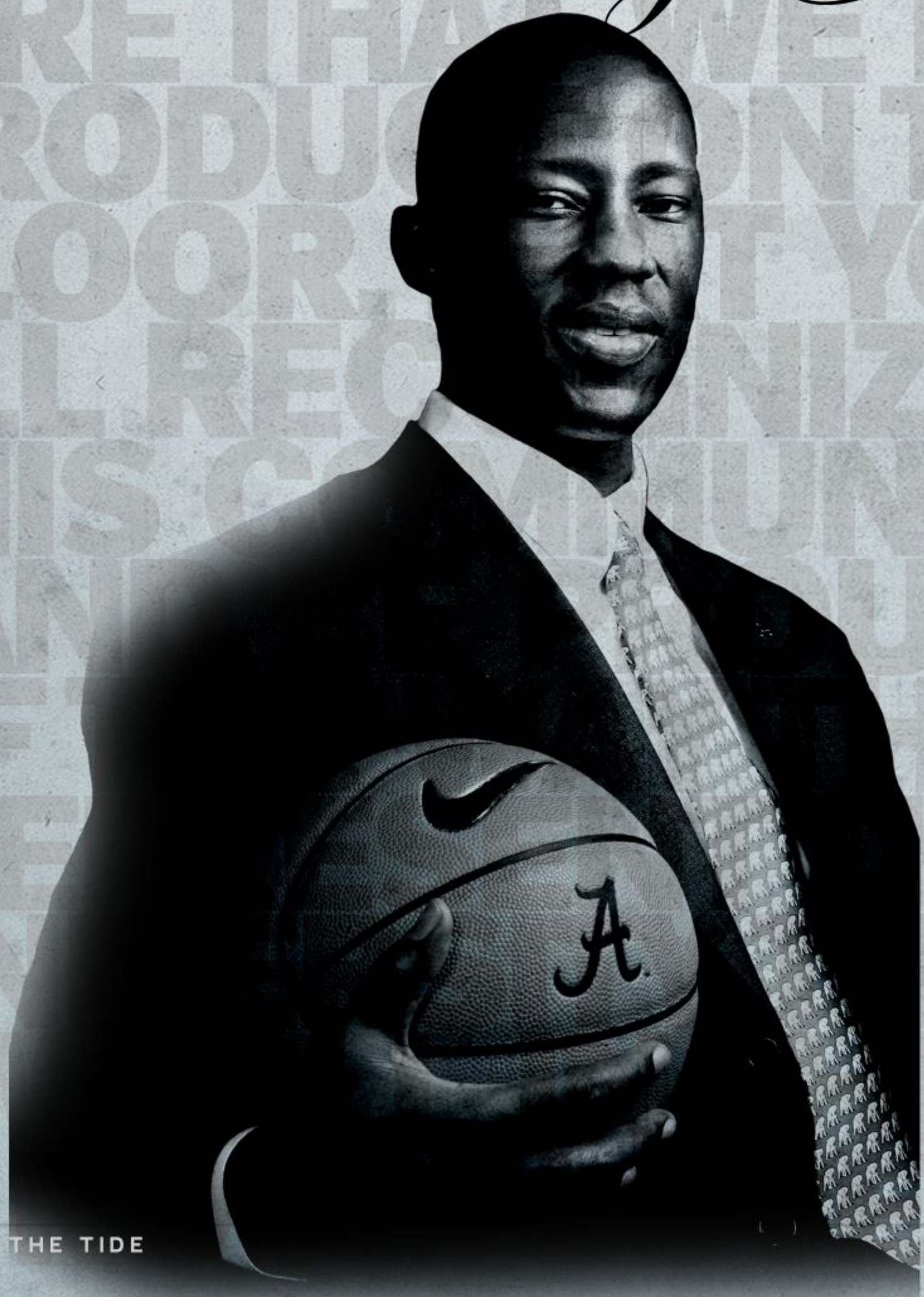
MICHAEL JUNG
MEN'S TENNIS

DATE	CITY/STATE	VENUE
Thursday, April 23	Huntsville, AL	Von Braun Center
Tuesday, April 28	Memphis, TN	Peabody Hotel
Thursday, April 30	Birmingham, AL	Cahaba Grand
Tuesday, May 5	Mobile, AL	Battle House
Thursday, May 7	Jackson, MS	Marriott Jackson
Tuesday, May 12	Panama City, FL	Marriott Bay Point



I PROMISE YOU THIS, THERE WILL BE NO ONE THAT WILL WORK HARDER OR BE MORE DEDICATED THAN I WILL BE TO MAKE SURE THAT WE PUT A PRODUCTION THAT FLOORS IT YOU WILL RECOGNIZE IN THIS COMMUNITY AND SOUTH OF THE REGION THE UNIVERSITY WE ARE AT

Introducing Anthony Grant



Anthony Grant was officially announced as the Crimson Tide's new basketball coach, Sunday, March 29. Joining Coach Grant were his wife Christina and children Anthony, Jr., Preston Jayda and Makai.

Here are some of the remarks made at his introduction:

"I spent 10 years at the University of Florida and during my time there we were able to see a lot of success and did some great things. When I left Florida, people asked me, "why VCU?" Some people thought the natural progression would be to try to go to a bigger name school and to me it was a lot different than that. There was a tradition and a history at VCU of success.

"There was a leadership in place there that was committed to being the best, not only athletically, but academically and in the community. There was a structure in place that was committed to winning. I felt like all the resources were there to be successful. Three years later we were able to be just that.

"For me to leave the situation I had at VCU it was going to take a special situation, and I look at every situation the way I did going to the VCU situation. When Coach Moore and Dave Hart contacted our A.D. at VCU to request permission to speak, obviously having 10 years experience in this league I knew what Alabama represented. I knew the history, I knew the tradition and I knew of the success.

"Once I had a chance to sit down with Coach Moore and Dave Hart, immediately I knew that the leadership, commitment and what it took to build a championship program was in place. Once I had a chance to visit campus and meet with Dr. Witt, I was pretty much sold in terms of the most important thing in being successful to me is the people. When you have the right people in place you can do some special things. Everybody knows this, leadership starts at the top. It doesn't start at the bottom and trickle up, it starts at the top and goes down. I was extremely impressed with their leadership and commitment to what it takes to be successful.

A lot was said about the decision making process and how it took place. I know for you this has been a long process to get to this point. For me, it was very quick process. I will kind of go through with you how that process took place. We played in the NCAA Tournament on a Thursday. Obviously, we got beat. We came home on Friday. Saturday afternoon I got a call from my A.D. saying that Coach Moore and the University of Alabama requested permission to speak. On Sunday we were in conversations at my home, and as I said, it was extremely impressive.

I believe it was Wednesday that my wife and I were able to get on campus and have an opportunity to visit with a lot of people, a lot very impressive people that really opened our eyes to the passion that people have for this university. Really, the decision maker is my wife. We got on the plane to go back home and she was very excited about the things she had seen and the people she had met. A lot has been talked about of the different opportunities that were out there. On Friday morning, after being here on Wednesday, my wife and I spent the next 24 to 48 hours in a lot of discussions, in terms of what we thought was best.

"One of the things that people talk about at Alabama is the magnitude of football, the overwhelming magnitude of football. Now, I'm a little different. I love college football fan. I am a huge college football fan. My freshman year at the University of Dayton, I'm from Miami, Florida, I was a long way away from home, there wasn't much going on and there was about two feet of snow on the ground outside. My saving grace was watching my favorite team at the time, the Miami Hurricanes play for a national championship. I was hooked ever since.

"Coach Saban doesn't know this, but when he won a national championship at LSU, there was something he said to his team before that game that my guys will hear a lot. His comment before the game was, "play to the identity that we've created all year." People talk about Alabama being a football school. Alabama is a football school. Alabama is a basketball school.

"Alabama is a gymnastics school. Alabama is a baseball school. Every sport at Alabama is provided the resources and given the commitment that it needs to be extremely successful. I think that is what every coach wants. That's what any coach could ever ask for, the opportunity to compete for championships and be provided that commitment and the resources to get that done. I think that summarizes what this university is all about.

"Having an opportunity to become the first African-American at a major sport at Alabama is something that I don't take lightly. It is a tremendous honor. When you think about the success of former players and coaches, the road that was paved to make this opportunity possible I am eternally grateful. During my visit on Wednesday I had a chance to sit down with Coach C.M. Newton, who I have known from a distance for several years, and to hear him talk about his experience with this university, his passion for this university and his belief in where this university can go was extremely humbling.

"I had a chance to sit down with Wendell Hudson and we talked about his experiences here and the passion he has for this university, being the first African-American player to be recruited by the University of Alabama and his belief that this is the perfect time to come into this situation and make a difference. When you look at what our country has experience within the past year, the change that has taken place throughout our nation is not lost on me and it is extremely humbling. I look it as I have a tremendous responsibility here to honor the efforts, sacrifices and dedication of those that have come before me, and I will be eternally grateful for that. At the end of the day, what I comes down to is our ability to impact the lives of those that will be in our stay, to have a program that is about championships on and off the court, about winning and doing the things that have never been done. I think we are primed to accomplish some things that have never been done here.

"My vision for this program is to build that brand with style of play and recruit the type of student athletes that we all will be proud of, on and off the floor. My vision for this program is to play for championships. I know, and I think you all know, that there is a lot of that goes into this and a lot of work that needs to be done. I promise you this, there will be no one that will work harder or be more dedicated than I will to make sure that we put a product on that floor, a product that walks on this campus and product that you will recognize in this community and be proud of the way they represent the university that we all in this room love.

"I promise you that. I think with the history, tradition and success that this program has had, my vision, my goals and my confidence with the administration's support and leadership that we have in, we are going to be able to take that next step in this program and do some special things. I want to thank you all for coming out and I can't tell you how excited I am and I look forward to getting started. "

TIDEBITS

BASEBALL

- Kent Matthes was named the Louisville Slugger National Player of the Week by the Collegiate Baseball newspaper on two occasions in the month of March. Matthes was also named the Southeastern Conference Player of the Week for the second time this season.

BASKETBALL (M)

- Three University of Alabama men's basketball student-athletes earned Southeastern Conference postseason accolades from the league's coaches. Senior Alonzo Gee was named all-SEC second team, JaMychal Green was a unanimous selection on the all-freshman team and sophomore Justin Knox was voted as the league's Scholar-Athlete of the Year.

- The Alabama men's basketball team concluded its season at 18-14 overall, 7-9 in Southeastern Conference play. Seniors Gee and Brandon Hollinger concluded their four years of contribution to the squad with a second round loss to Tennessee at the SEC championships in Tampa, Florida.

ERICKA RUSSELL

BASKETBALL (W)

- Freshman Ericka Russell was voted to the SEC All-Freshman Team. The Tuscaloosa native finished the season ranked second in scoring at 10.1 points per game and first in three point field goals made.

FOOTBALL

- Alabama football players Terrence Cody and Rolando McClain highlight the preliminary watch list for the 2009 Rotary Lombardi Award, which is given annually to the nation's top down lineman or linebacker.

  McClain and Cody led the nation's second-best rush defense in 2008, allowing just 74.1 yards per game, and the No. 3 total defense at 263.5 yards per game. The Alabama defense did not allow an opposing running back to gain 100 yards all season and held opposing teams under 100 rushing yards in 11-of-14 games.

  Cody was a consensus All-America selection from his nose guard position after making 24 tackles with 4.5 tackles for loss, a forced fumble and two fumble recoveries. He was a disruptive force anchoring the middle of the Tide defensive line. Cody was also a semifinalist for the 2008 Bednarik Award and a unanimous first-team All-SEC choice.

  McClain, the Tide's middle linebacker, led the team in total tackles with 95 and tackles for loss with 12 (-45 yards). He also registered three sacks, one interception, six pass breakups, two quarterback hurries and two fumble recoveries, including one for a touchdown. The 2008 Butkus Award finalist was a first-team All-SEC selection by both league coaches and the Associated Press while earning third-team All-America honors from the AP.

GYMNASTICS

- For the fifth time this season and three weeks in a row in the month of March, Alabama's Ashley Priess was named Southeastern Conference Freshman Gymnast of the Week .

- Alabama junior Ricki Lebegern was named to the sixth-annual Southeastern Conference Gymnastics Community Service Team, marking the second year in a row that the Tide gymnast has earned the honor. Lebegern has worked with the Stallings RISE center on several different projects as well as leading bible studies as part of the Crimson Tide's Fellowship of Christian Athletes. She also helped raise money for the Suds for Sully and Project AngelTree campaigns, hosted local children as part of the Tide's Halloween Extravaganza and took part in the Easter Seals Walk. In addition to those projects, she is a member of UA's Student-Athlete Advisory Committee.

GOLF (M)

- The men's golf team has started the spring season with a 7th place finish at the John Hayt Intercollegiate tournament in Jacksonville, Florida, an 8th place finish at the Puerto Rico Classic in Rio Grande, Puerto Rico, and won the consolation bracket at the Callaway Collegiate Match Play in Rancho Sante Fe, California in March. The Crimson Tide returns to action on April 5-7 at the U.S. Collegiate Championship in Alpharetta, Georgia., at The Golf Club of Georgia, prior to defending the team's 2008 SEC championship on April 17-19.

GOLF (W)

- The Alabama women's golf team captured its first tournament title of the season with a win at the First Market Bank Intercollegiate at the par-72, 6,174-yar Ford's Colony Country Club. The Crimson Tide shot a 33-over-par 609 to beat second place Richmond (617) by 18 strokes in the 36-hole event.

- Tide junior Rhea Nair, playing as an individual, won the tournament with a 5-over-par 144. Nair fired a 75 in the opening round and a 2-over-par 74 in the final round to capture her first career tournament title.

ROWING

- The Alabama rowing team earned a pair of wins in its inaugural dual meet against Tennessee, the other lone SEC program to sponsor rowing at the varsity level. While the two teams have met at various regattas over the three years Alabama has been an NCAA Division I program, the inaugural race was the first time the two programs have met one-on-one. Tennessee is in its 13th season of NCAA competition and has made six consecutive NCAA Championship appearances. Alabama won the Novice 8+ and Second Varsity 4+ races while Tennessee crossed the line first in the First Varsity 8+, Second Varsity 8+ and First Varsity 4+ races. The Crimson Tide dominated the lone novice race, covering the 2,000-meter course in a time of 6:58.8, more than 22 seconds ahead of the Lady Vols. In the Second Varsity 4+ race, Alabama came out on top by more than 11 seconds with a time of 8:11.22.

SOFTBALL

- Thirty elite collegiate softball student-athletes who excel not only on the playing field but also in the classroom and in their community were selected as candidates for the 2009 softball division of the Lowe's Senior CLASS Award. Alabama was the only school represented by two athletes as Brittany Rogers and Ashley Holcombe were selected. An acronym for Celebrating Loyalty and Achievement for Staying in School, the Lowe's Senior CLASS Award focuses on the total student-athlete and encourages those leaders to use their platform in athletics to make a positive impact. To be eligible for the award, a student-athlete must be classified as an NCAA Division I senior and have notable achievements in four areas of excellence: Classroom, Character, Community, and Competition.

- Sophomore softball pitcher Kelsi Dunne was named the Southeastern Conference Pitcher of the week during the second week of March. The honor is the third for the second year hurler.

SWIMMING AND DIVING (M)

- The Alabama men's swimming and diving team posted another top-25 finish at the NCAA Championships at College Station, Texas, taking 21st place with 34 points. It was the Crimson Tide's 32nd top-25 finish since 1974. On the last day of the championships, junior diver Aaron Fleshner took seventh place in the championship final of the platform after scoring 398.90 points in finals. He was the only Southeastern Conference diver to make the championship finals of the platform event. Fleshner also finished 13th off the three-meter board, earning honorable mention All-American honors after scoring 374.75 points in the consolation finals. Junior Mark Randall and sophomore Catalin Cosma both scored in the 500 freestyle, finishing 12th and 13th respectively. Randall touched the wall at 4:16.51 while Cosma clocked in at 4:17.81 in finals, earning dual honorable mention All-American honors in the 500. After scoring in the 500 freestyle, Randall won the consolation finals of the 1650 freestyle, taking ninth place over all with a time 14:48.39. His time was just off his school record of 14:48.25 set in 2007.

SWIMMING AND DIVING (W)

- The Alabama women's swimming and diving team scored in a pair of events on the final day of the NCAA Championships being held at College Station, Texas. Junior Agustina de Giovanni finished 15th in the 200 breaststroke with a time of 2:11.03. She posted a career-best time of 2:10.50 in the preliminaries, shaving almost two seconds off her previous best time. Freshman diver Carrie Dragland scored on two occasions, taking 15th place off the platform with 219.30 points, and 12th off the three-meter board. Both De Giovanni and Dragland earned second team All-American honors for their efforts at the NCAA championships.

TENNIS (M)

- The Crimson Tide returned to the top 20 following a solid team performance at the Blue Gray National Collegiate Tennis Classic in the third week of March. Alabama beat No. 56 Middle Tennessee, No. 29 Wisconsin and No. 22 Boise State in consecutive days to advance to the finals of the tournament for the first time since 2007. The Tide finished runner-ups to then-No. 4 Tennessee by a score of 4-2. Senior Michael Jung won all four of his singles matches and didn't drop a set throughout the entire tournament. At the conclusion of play, junior Saketh Myneni was presented the Sportsmanship Award voted on by all the participating officials. The Tide continues SEC play at home on April 10th against Florida and April 12th against South Carolina.

TENNIS (W)

- Alabama is off to its best start in program history surpassing the 7-0 beginning in 2001. The Crimson Tide started the season with eleven consecutive match wins, breaking the old record of ten straight wins set back in 1980. This is Alabama's first-ever top 20 ranking under Head Coach Jenny Mainz and first for the team since April 1, 1997 when the Tide was ranked 15th in the nation.

- Sophomore Tiffany Welcher captured the SEC Women's Tennis Player of the Week honors during the first week of March. Senior Shelley Godwin was named SEC Women's Tennis Player of the Week during the second week of March. This is her first-ever weekly recognition and fourth for the Crimson Tide this season.

TRACK AND FIELD (M)

- Making his second straight appearance in the 5,000 meter run at the NCAA Indoor Track and Field Championships, junior Tyson David can now add indoor Division 1 All-American honors to his long list of accolades. David finished fifth in the race crossing the line in 13:49.58 to garner the title of All-American.

- The Southeastern Conference announced the 2009 SEC Indoor Track and Field honors and the Alabama men's track and field team had five All-SEC performers.

- David was named first team All-SEC for his efforts in the 5,000 meter run as he won the event for the second consecutive year. Andrew Kirwa, Matt Watson, Aaron Stockstell and " Immanuel Bor were named second team All-SEC for their efforts in the distance medley relay in which they finished second. The relay team posted the eighth best time in school history running 9:47.66.

TRACK AND FIELD (W)

- The University of Alabama women's cross country program has been named to the 2008 USTFCCCA All-Academic Team as announced by the U.S. Track & Field and Cross Country Coaches Association for their outstanding performances in the classroom as well as on the course. The team boasts the second highest grade point average in the nation with a 3.751.

- Track and Field student-athlete Nicole Okolo was named to the SEC Indoor Track and Field All-Freshman Team as she finished eighth in the 60m hurdles with a time of 8.55 at the SEC Indoor Championships in March in Lexington, Kentucky.

Championship Caliber

At the end of last year's Southeastern Conference Gymnastics Championships, the meet was so close, with three teams within .025 of each other, that it took more than 30 minutes to sort out all the scores, double check all the math, before a victor could finally be announced.

This year, after finishing second by the smallest margin possible in 2008, Alabama left no doubts, winning its sixth SEC Championship by nearly four tenths of a point, with a 197.3000, its second-highest score of the year.

"I'm just so proud for our ladies," head coach Sarah Patterson said. "At the end, we just talked about our motto, 'finish strong'. I'm almost speechless. We weren't perfect. We had some mistakes, but it was total team work - five scores on each event."

The Crimson Tide took the title in front of more than 5,000 fans at the Sommet Center in Nashville, Tenn. which was hosting its first SEC Gymnastics Championship. Georgia finished second, followed by Florida, LSU, Auburn, Arkansas and Kentucky. It marked the 19th time in the past 26 years that Alabama has finished either first or second at the SEC Championships. The Tide also brought home titles in 2003, 2000, 1995, 1990 and 1988.

Junior Morgan Dennis, who won the floor exercise to cap Alabama's championship run and the vault to start the evening off, led the Tide, finishing second in the all-around with a 39.525. The Westampton, N.J. native also earned first-team All-SEC honors for the third consecutive year.

"We get to have our pictures on the wall, get rings in the fall, that's going to be so fun, especially for our seniors after last year," Dennis said after the meet.

Junior Ricki Lebegern, sophomore Kayla Hoffman and freshman Ashley Priess each earned second-team All-SEC honors on the evening. It was Lebegern's third All-SEC honor and the second for Hoffman.

Alabama also dominated the Freshman All-SEC list, with Priess, Geralen Stack-Eaton and Caitlin Sullivan taking three of the five spots on this year's honor roll.

"Rachel Terry could have been on the Freshman All-SEC list as well," Patterson said. "But to have half of our routines come from our freshman class, we had more freshmen competing than any other team in the conference, says a lot."

In all, Alabama gymnasts earned seven All-SEC accolades, the most of any team.

"It is exciting,' Patterson said. "Sometimes it's harder to be All-SEC than All-American. It's really, really hard."

After starting off by tying its season high on the vault with a 49.450, Alabama lived up to its motto of "finish strong" coming away with a season-high 49.475 on its last event, the floor exercise, to clinch the title. Senior Ashley O'Neal led off the Tide's floor exercise rotation with a 9.85, matching her season-high, followed by a career-high 9.875 from Sullivan, a 9.9 from Stack-Eaton, a 9.85 from Lebegern and a 9.9 from Priess before Dennis brought it home with a meet-best 9.95.

Dennis led the Tide on the vault with a 9.95, which ties her career high while Hoffman and Priess both scored 9.9s and Stack-Eaton, Terry and Lebegern all added 9.85s. The Tide kept things hopping after that, scoring a season-high 49.35 on the uneven bars, led by a 9.925 from Hoffman and 9.875s from Terry and Stack-Eaton. All three scores were career highs. Alabama then turned in the highest balance beam total of the championship with a 49.025 led by 9.85s from Sullivan and Lebegern. Junior Casey Overton led the Tide off with a 9.8, a score matched by Dennis.

The Tide wasn't perfect through the night, with some bobbles here and there, but they fought through to post five good scores on each event, which carried them through to the title.

"I just think more than anything, when things go perfect it's a little easier, but sometimes, there is a little more gratification when you have to work hard," Patterson said.

ROLL CALL

THE FACES OF CRIMSON TIDE STUDENT-ATHLETES

KENT MATTHES

SENIOR – ORLANDO, FLORIDA

Kent Matthes is one of 10 seniors on the Alabama roster and one of the most recognizable athletes, both on and off the field. An outstanding student, who will graduate in May, Matthes has logged many hours of community service during his Crimson Tide career. Just recently, Matthes, Brandon May and Ross Wilson spent St. Patrick's Day with the second-grade class at Taylorville Primary School, stressing the importance of school work, reading and cooperating with the school staff. Matthes was named to the 2008 SEC Baseball Community Service team for his work in the community.

ASHLEY FRAZIER

FRESHMAN – OREGON, OHIO

In her first season with the Tide, Ashley Frazier notched 134 kills good for 1.91 per frame. In addition, she collected 29 blocks and 109 digs in the 70 sets she appeared in. Frazier's season-best kill performance came at Georgia where the freshman threw down 16 kills. Earlier in the year at Arkansas, she put forth her most consistent hitting effort finishing the match with an overall percentage of .462 where she was 14-of-26. Most recently, she was sent to the U.S. Olympic Training Center in Colorado Springs, Colorado to compete for a position on the U.S. Women's National Team.

SENARIO HILLMAN

SOPHOMORE – IRWINTON, GEORGIA

Senario Hillman wrapped up his sophomore season for the Crimson Tide men's basketball team as one of the top perimeter defenders in the SEC and a persistent offensive threat to slash to the basket. His 57 steals rank as the sixth most in a single season at UA and he finished fourth in the league with 1.8 steals per game this season. The high-flying guard, who boasts a 41-inch vertical leap, had 24 acrobatic dunks on the season, many of them coming on fast breaks thanks to his defensive prowess. In addition to his on-court exploits, Hillman was also named to the SEC Community Service Team and was honored as the league's Community Service Team Player of the Week for the week of February 25 – March 1.

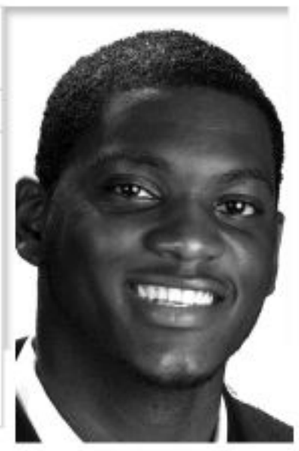
DEDREA MAGEE

JUNIOR – PICAYUNE, MISSISSIPPI

The junior from Picayune, Mississippi played five complete games including four of the Tide's final five outings. In Alabama's SEC opener against Vanderbilt, she dished out a career-best 10 assists. Magee also had a stellar performance at Tennessee on February 12 where she notched a career-high 21 points and grabbed 8 rebounds. She was voted Crimson Tide Holiday Classic Tournament MVP after scoring 27 points and adding 12 rebounds and five assists. She took on the roll of floor general this season where she led the team in minutes played per game at 28.2 and assists with 4.1 per contest. In fact, she ranked fourth in the SEC in both assists per game against league opponents as well as assist/turnover ratio.

ROLANDO MCCLAIN

JUNIOR – DECATUR, ALABAMA

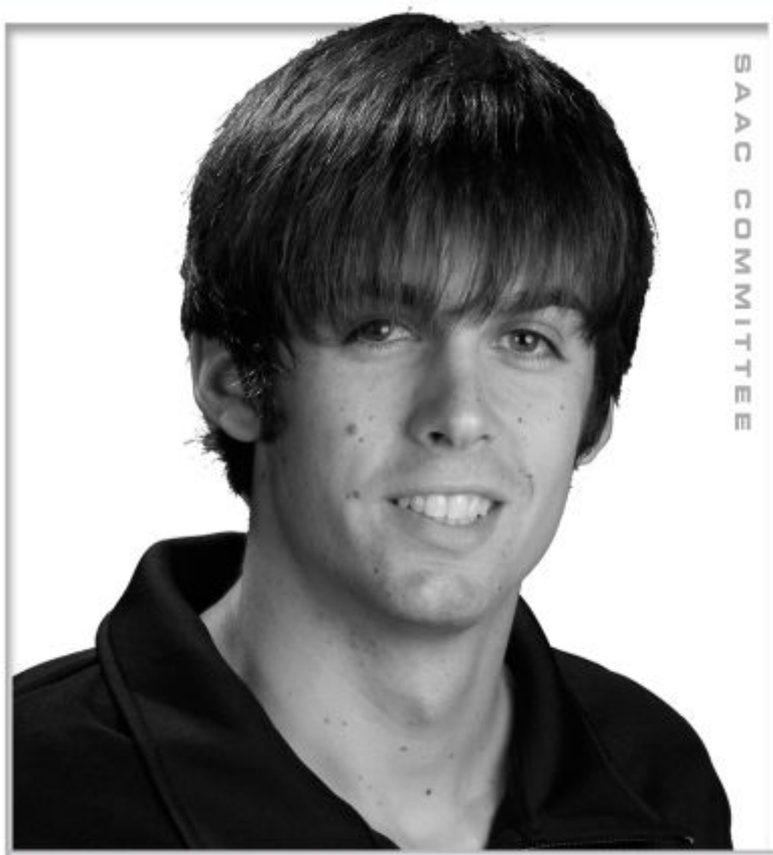


Junior linebacker Rolando McClain and his Crimson Tide football teammates are in the middle of spring practice and working toward the A-Day Game on April 18 at Bryant-Denny Stadium. McClain will again spearhead a treacherous Alabama defense that ranked third nationally in total defense a year ago and second against the rush. McClain was a Butkus Award finalist in 2008 and will again contend for the honor in 2009 as he leads the Alabama defense.

KELLEY MONTALVO

SENIOR – MIAMI, FLORIDA

Senior third baseman Kelley Montalvo has been a mainstay at the hot corner for the Crimson Tide. Early into her senior campaign the Miami, Florida native has etched her name in the Alabama record books and has caught the attention of the softball world. Montalvo was named to the ASA/USA Player of the Year Watch List prior to the start of the season and has not disappointed. Hitting in nearly every spot in the top of the order, Montalvo has provided the spark for the high-octane Crimson Tide offense. On top of the constant punishment she provides to opposing pitchers, the All-American has been just as effective patrolling third base. From diving over the rail in dugouts to charging bunts and making her patented off balance throw to first, Montalvo has epitomized the energy and success of the Alabama softball program.



SAAC COMMITTEE

DAN ARMSTRONG

SAAC continues providing services to the community via outreach programs. We have been involved with "Read Across America", visiting local elementary schools and reading to children. SAAC President Brittany Rogers (softball) strongly supports these community outreach efforts to raise interest in education. Also, we have recently begun a relationship with an organization called "Tanner's Totes", an organization created by 15-year-old Tanner Smith to brighten the lives of children and teens suffering from long-term illnesses. (To learn more about Tanner's Totes, see www.tannertotes.com). Our newly-elected executive board has been raising money for the "Relay for Life". Looking ahead, we are trying to raise awareness for the SEC Canned Food Drive next fall. Last year Alabama fell a little short, so we need to step up our game and make a better donation to the West Alabama Food Bank.

The members of the Student Athlete Advisory Committee would like to thank you for your continued support of the student-athletes representing the Crimson Tide, as well as for the opportunities to serve the community at large.

Roll Tide!

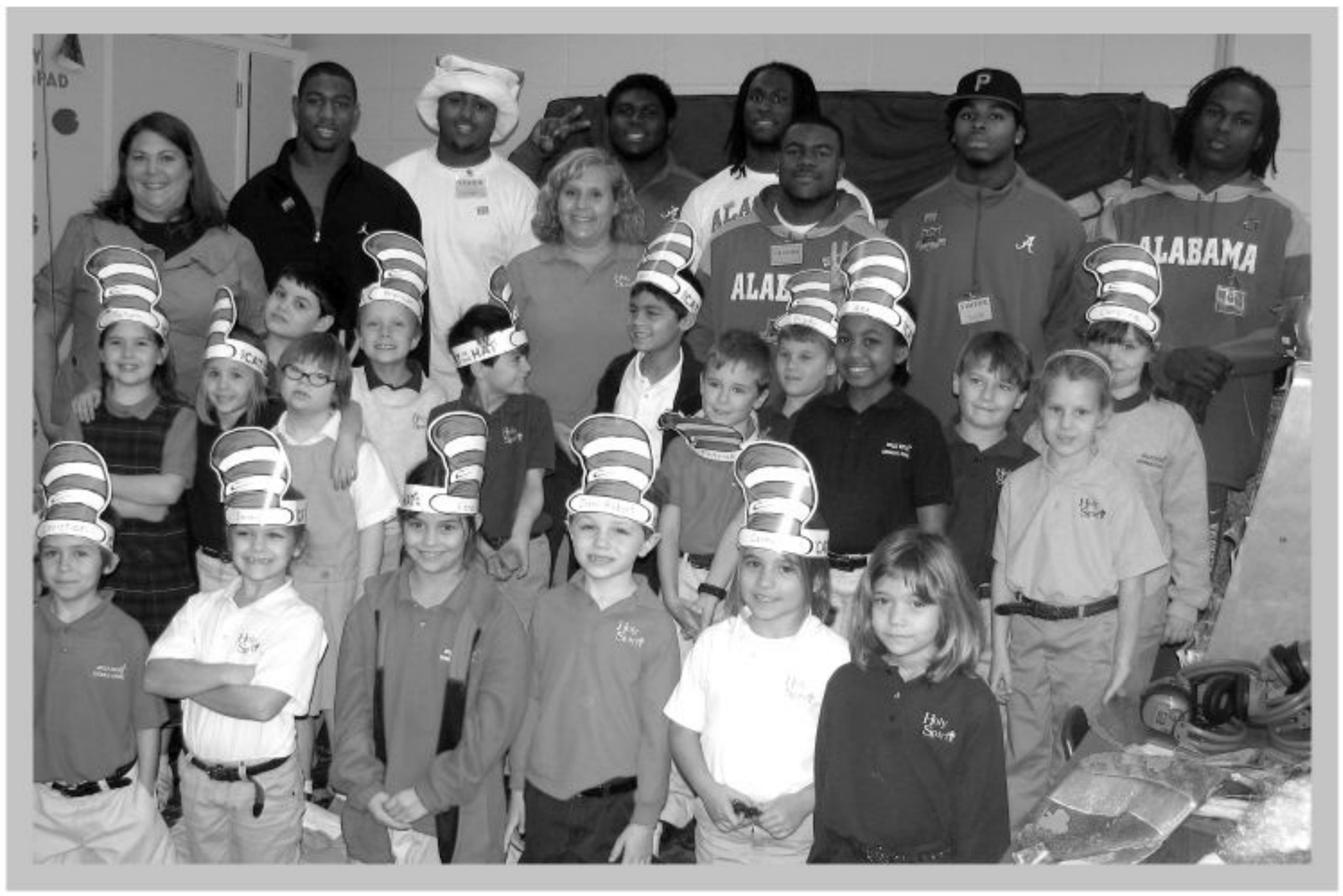
Dan Armstrong
2008-2009 SAAC Committee
Men's Swimming Student-Athlete

READ ACROSS AMERICA

In March, student-athletes were involved with various community service-related activities, including a program called "Read Across America". The goal of "Read Across America" is for student-athletes to visit schools around Tuscaloosa to read books to young students and express to them the importance of reading. Student-athletes visited seven schools during the first week in March.

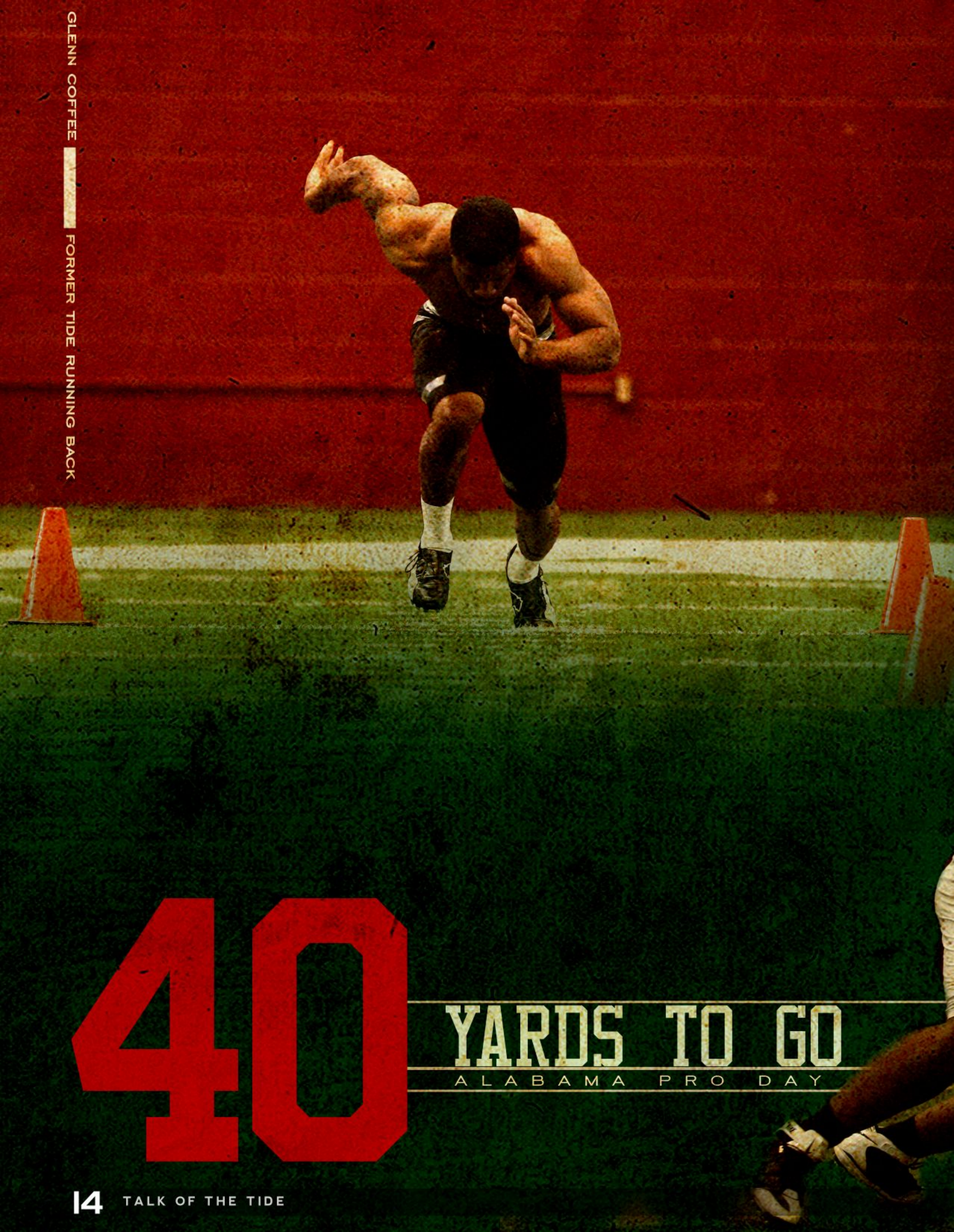
The Student-Athlete Advisory Committee (SAAC) is also preparing for the "Relay for Life" in April, along with soliciting donations for the American Cancer Society. Many student-athletes have been touched by cancer in some way in their lives.

The SAAC has revamped and created an Executive Board which includes the SAAC President, Vice-President and Secretary, who will work together to make sure the SAAC is fulfilling the purpose and service-related goals of its Constitution. The purpose of the SAAC Executive Board is to represent the voice of student-athletes and promote efficient communication with the student-athlete body to fulfill the Committee's purpose. The Executive Board consists of Kevin Greer (swimming), Bianca Svensson (tennis), Calli Johnson (volleyball), SAAC President Brittany Rogers (softball), Vice-President Jessie Deegan (soccer) and Secretary Kassi Price (gymnastics).



ALABAMA FOOTBALL PLAYERS (L TO R)
CHRIS JORDAN, UNDRA BILLINGSLY, CHANCE WARMACK, JERRELL HARRIS, MARK INGRAM, MARK BARRON, AND JULIO JONES

GLENN COFFEE | FORMER TIDE RUNNING BACK



40 YARDS TO GO

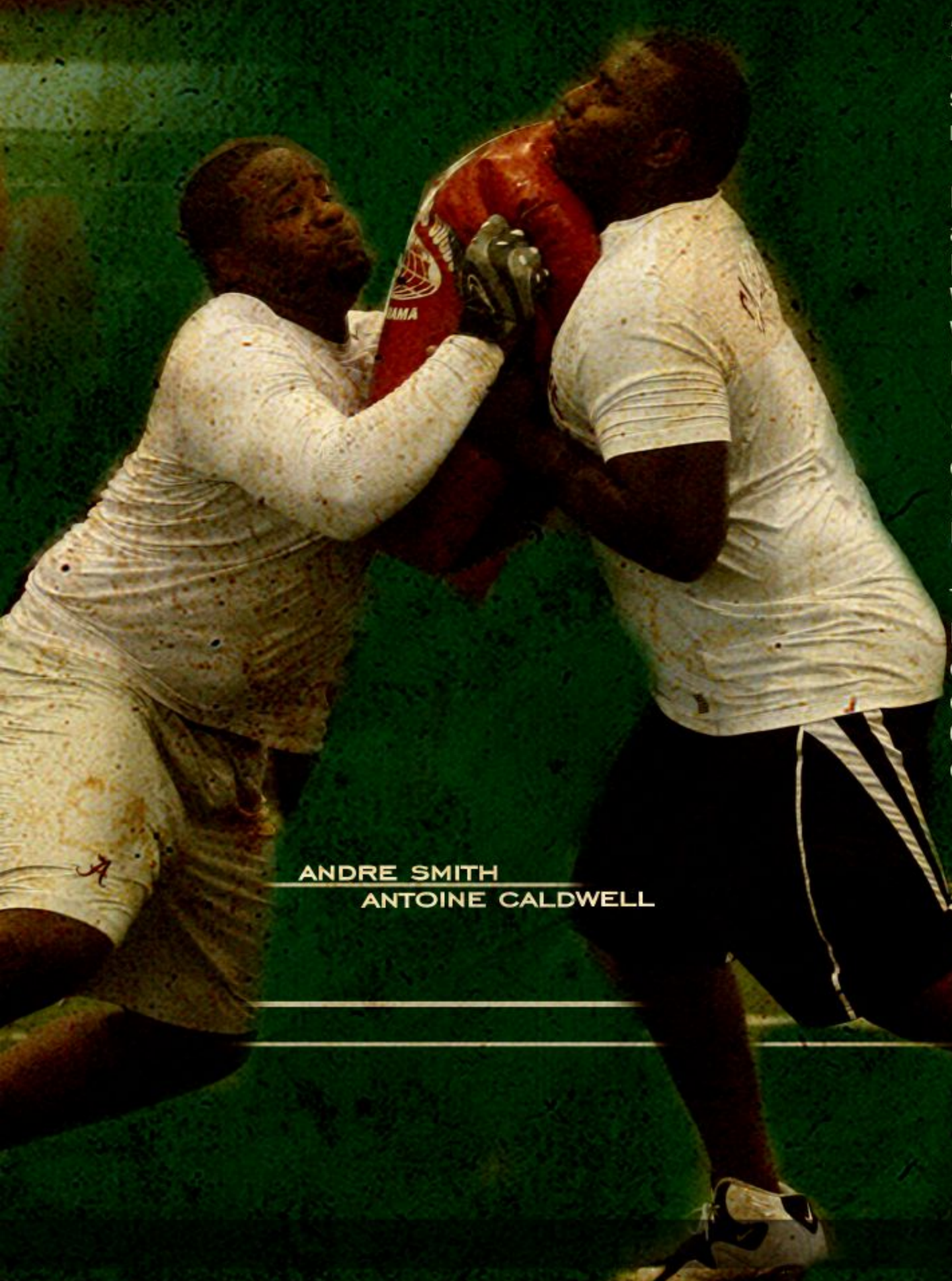
ALABAMA PRO DAY

In hopes of taking their careers to the next level, 10 former Alabama players had an opportunity to prove to scouts they were ready for the NFL.

On Wednesday March 11th, all 32 teams were represented from the NFL and attended Alabama's Pro Day in Tuscaloosa. Media members were also in attendance, including the NFL Network and host Charles Davis. The former members of the Crimson Tide spent the day with physical testing as well as interviews. Workouts started off in the weight room where each player was measured for height and weight, bench press repetitions at 225 lbs., as well as the vertical jump and broad jump. Some players that worked out in Indianapolis chose to go with their combine results.

After the weight room, media, scouts, players, and staff headed to the UA indoor facility. Players were given the chance to run the 40 and demonstrate position drills. This gave NFL scouts and coaches a chance look at, in detail, each player and evaluate their performance at their specific position.

NFL Network Analyst Charles Davis spoke about how his expectations of the former Alabama players matched with their pro day performances.



ANDRE SMITH
ANTOINE CALDWELL

"They pretty much matched my expectations," said Davis. "They are Alabama football players, playing for Nick Saban for the last couple of years, it's not a real surprise because we know that they are talented. Andre Smith, not working out at the combine, helped himself along on the rehabilitation process. He's had so much good tape from all the games so far, that when you plug that in you know he's a good football player. I thought John Parker Wilson threw the ball extremely well. With Glen Coffee, you know his versatility as a running back. Travis McCall did some nice things running routes. Rashad Johnson weighing in at 200 and moving the way he moved, I think it was a real good day for these Alabama guys. You go right on down the line and I think these players did a darn good job."

Wilson is Alabama's all-time leading passer and was one of four players to participate in the NFL Combine along with Caldwell, Johnson and Smith. He was a team captain in 2008 and had an outstanding day throwing the ball on Pro Day according to most in attendance.

"I think I threw the ball really well," said Wilson. "I've heard some good things. Hopefully, I've shown myself well and done all I need to do to help myself out."

Rashad Johnson weighed in at over 200 pounds, adding to his playing weight as a starting safety the last two seasons. Johnson joined Caldwell and Wilson as team captains of last year's 12-2 SEC West Championship team. Johnson led an Alabama unit that ranked No. 3 nationally in total defense.

"During the process I knew coming out what everybody's question was about me," said Johnson. "My size and my speed and things like that. They know I'm a smart player."

The NFL Draft is scheduled for April 25-26 at Radio City Music Hall in New York City. Alabama did not have a player drafted last year but that is expected to change in a few weeks with several Crimson Tide prospects likely to have their name called.

Q AND A

WHAT IS THE **MAIN GOAL** OF "THE FOURTH QUARTER CONDITIONING PROGRAM"?

"Motivating. Motivating. Motivating. In order to be successful in strength and conditioning you have to be high energy and motivating 24 hours a day. It doesn't matter what time it is, how much sleep you had, or what else you have going on, when you walk in the door you have to calculate an attitude you want the players to have and you have to calculate it first. In terms of the typical day for our staff, that varies throughout the course of the year. For the most part, workouts begin at 6 a.m. and our last workout ends right before practice in the afternoon or in the offseason as late as 6 or 7 p.m."

-YEAH -YEAH -YE

WHY IS STRENGTH AND CONDITIONING SUCH AN IMPORTANT PART OF ALABAMA FOOTBALL'S **OFF-SEASON PROGRAM?**

"Coach Saban's number one goal in the offseason program is injury prevention. The program is laid out so that we can maximize the strength and potential of every individual player. Thanks to our strength and conditioning staff, we are able to give each player the one-on-one individual attention from experienced strength coaches."

WHAT IS THE FOCAL POINT OF A **TYPICAL DAY** FOR YOU DURING THE OFF-SEASON WORKOUTS?

"The fourth quarter program is one of the most important things we do here under Coach Saban's plan. After taking two weeks off at the end of the season, we begin the fourth quarter program, which lasts a total of about eight weeks and leads into spring ball. The program instills discipline, commitment, effort and toughness as well as pride. When you see the team holding up the four fingers on the sideline at the start of the fourth quarter, it represents those first four qualities and the thumb stands for Bama pride."

HOW DOES THE **22,000 SQUARE FOOT WEIGHT ROOM** WITH STATE-OF-THE-ART EQUIPMENT ASSIST IN "THE FOURTH QUARTER CONDITIONING PROGRAM"?

"We have one of the largest facilities in the nation, along with the best staff in the country. The weight room is set up to help the players work more efficiently and maximize the time we have with them because in college football, we are always pressed for time. Coach Saban's program is based around Olympic weightlifting; therefore we use free weights and stay at the wooden platforms stamped with the Alabama logo. At these platforms we are able to do the power clean, back squat, split jerk, power snatch, clean pulls, bench press, military press and pull-ups. We start at the platform and end at the platform without moving to different stations."

SCOTT COCHRAN
ALABAMA FOOTBALL'S
STRENGTH COACH

HOW DO YOU MAINTAIN

A HIGH-DECIBEL, MOTIVATED, FIERY PERSONALITY

EACH AND EVERY WORKOUT?

"On my drive in to work, I focus on what Coach Saban's last message was and tie that into what we are doing that morning. Like I said earlier, this is where I calculate my attitude. If you want the players to be excited about the weight room, you have to be excited first. Having 120 football student-athletes, you never know when one of the star players or walk-on's trying to earn a spot is having a bad day. Somebody is always going to need a little pick up so throwing in motivational quotes, whether during warm-ups, during lifts or during running, can go a long way. The great thing for me is that I love it!"

09 SCHEDULES

BASEBALL

04.01.09	**vs. Mississippi Valley State**	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
04.03.09	**vs. Tennessee ***	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
04.04.09	**vs. Tennessee ***	**Tuscaloosa, Ala.**	**4:05 p.m. CT**
04.05.09	**vs. Tennessee ***	**Tuscaloosa, Ala.**	**2:05 p.m. CT**
04.07.09	**vs. Troy**	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
04.10.09	**vs. LSU ***	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
04.11.09	**vs. LSU ***	**Tuscaloosa, Ala.**	**4:05 p.m. CT**
04.12.09	**vs. LSU ***	**Tuscaloosa, Ala.**	**2:05 p.m. CT**
04.14.09	**vs. Mississippi Valley State**	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
04.15.09	at Samford	Birmingham, Ala.	6:30 p.m. CT
04.17.09	at Vanderbilt *	Nashville, Tenn.	6:00 p.m. CT
04.18.09	at Vanderbilt *	Nashville, Tenn.	3:00 p.m. CT
04.19.09	at Vanderbilt *	Nashville, Tenn.	1:00 p.m. CT
04.22.09	at South Alabama	Mobile, Ala.	6:00 p.m. CT
04.24.09	**vs. Kentucky ***	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
04.25.09	**vs. Kentucky ***	**Tuscaloosa, Ala.**	**4:05 p.m. CT**
04.26.09	**vs. Kentucky ***	**Tuscaloosa, Ala.**	**2:05 p.m. CT**
04.29.09	**vs. South Alabama**	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
05.01.09	at Mississippi State *	Starkville, Miss.	6:30 p.m. CT
05.02.09	at Mississippi State *	Starkville, Miss.	6:30 p.m. CT
05.03.09	at Mississippi State *	Starkville, Miss.	1:30 p.m. CT
05.08.09	**vs. Arkansas ***	**Tuscaloosa, Ala.**	**6:35 p.m. CT**
05.09.09	**vs. Arkansas ***	**Tuscaloosa, Ala.**	**4:05 p.m. CT**
05.10.09	**vs. Arkansas ***	**Tuscaloosa, Ala.**	**2:05 p.m. CT**
05.14.09	at Auburn *	Auburn, Ala.	6:00 p.m. CT
05.15.09	at Auburn *	Auburn, Ala.	6:00 p.m. CT
05.16.09	at Auburn *	Auburn, Ala.	3:00 p.m. CT
05.20.09	**SEC Tournament**	**Hoover, Ala.**	**TBA**
05.29.09	**NCAA Regionals**	**Campus Sites**	**TBA**
06.05.09	**NCAA Super Regionals**	**Campus Sites**	**TBA**
06.13.09	**College World Series**	**Omaha, Neb.**	**TBA**
06.22.09	**CWS Super Series**	**Omaha, Neb.**	**TBA**

***denotes SEC game**

BASEBALL TICKET OFFERS

BASEBALL SEASON TICKETS

Alabama Baseball tries to accommodate its diverse fan base by offering several different ticket options and promotions. As they have always been, season tickets are the best way to insure that you can reserve the best seats in the stadium all season long. Your season long support of our Alabama student-athletes is greatly appreciated.

- **Lower Chair - $125**
- **Upper Chair - $100**
- **Faculty/Staff - $72**
- **Grandstand - $75**
- **Grandstand Group - $56.25**
- **Senior - $48**

BIRTHDAY AT "THE JOE"

What can be better than celebrating your birthday at "The Joe"? How about celebrating it with 14 of your closest friends, having food delivered to your party, receiving a baseball autographed by the Alabama Baseball Team, meeting Head Coach Jim Wells, having your name put on the video board along with a public address announcement and receiving a 2009 Alabama Baseball T-Shirt? The entire package is only $140 but there is limited availability and first-come-first-served. Call 205-348-9691 to reserve your Birthday at "The Joe" today.

PICK TEN $30

If you are an Alabama Baseball fan that loves Tide but just has a hectic schedule, this is the perfect ticket package for you. You get to decide which weekend series games you can attend. That's correct; you get to pick any ten weekend games that you would like.

INDIVIDUAL TICKETS

It seems like everything is getting more expensive these days but not Alabama Baseball. Our individual game tickets are still very affordable. Adult tickets are just $5, youth tickets are only $3 and weekday tickets are only $1 for everybody.

GROUP TICKETS

Would your group of 20 or more like to attend a baseball game? The Alabama Baseball Team would love to have you and will give you discounted tickets. This is a great way to treat your employees, club mixers, or a night out with friends. Call 205-348-2612 for more details.

SOFTBALL

04.01.09	**vs. Troy**	**Tuscaloosa, Ala.**	**6:00 p.m. CT**
04.04.09	**vs. Georgia* (DH)**	**Tuscaloosa, Ala.**	**1:00 p.m. CT**
04.05.09	**vs. Georgia***	**Tuscaloosa, Ala.**	**1:30 p.m. CT**
04.10.09	at South Carolina* (DH)	Columbia, SC	5:00 p.m. ET
04.11.09	at South Carolina*	Columbia, SC	2:00 p.m. ET
04.14.09	**vs. Kentucky* (DH)**	**Tuscaloosa, Ala.**	**3:00 p.m. CT**
04.18.09	**vs. Arkansas* (DH)**	**Tuscaloosa, Ala.**	**1:00 p.m. CT**
04.19.09	**vs. Arkansas***	**Tuscaloosa, Ala.**	**1:30 p.m. CT**
04.22.09	at Georgia Tech	Atlanta, Ga.	6:00 p.m. ET
04.25.09	**vs. Auburn* (DH)**	**Tuscaloosa, Ala.**	**1:00 p.m. CT**
04.26.09	**vs. Auburn***	**Tuscaloosa, Ala.**	**1:30 p.m. CT**
05.01.09	at Tennessee*	Knoxville, Tenn.	6:00 p.m. CT
05/02.09	at Tennessee* (DH)	Knoxville, Tenn.	1:00 p.m. CT
05.07.09	**at SEC Tournament**	**Knoxville, Tenn.**	**TBA**
05.15.09	**at NCAA Regionals**	**TBA**	**TBA**
05.22.09	**vs. NCAA Super Regionals**	**TBA**	**TBA**
05.28.09	**vs. WCWS**	**Oklahoma City, OK**	**TBA**

***denotes SEC game**

(DH) denotes a double-header

SOFTBALL PROMOTIONS

BEST FANS IN THE COUNTRY DAY

ALABAMA VS. KENTUCKY (DH)
APRIL 14TH AT 3:00 PM

Every fan who comes to the game gets a small popcorn with additional giveaways and prizes!

KELLEY MONTALVO DAY

ALABAMA VS. ARKANSAS (DH)
APRIL 18TH AT 1:00 PM

CAMP REUNION DAY

ALABAMA VS. ARKANSAS
APRIL 19TH AT 1:00 PM

Anyone who attends Patrick Murphy Softball School gets free admission!

PACK THE PARK!

ALABAMA VS. AUBURN (DH)
APRIL 25TH AT 1:00 PM

ALABAMA VS. ARKANSAS
APRIL 26TH AT 1:30 PM

Come support the Tide softball program and beat the NCAA record for most fans in a season – last home stand of the season!

SUPPORT YOUR TEAM.
ASK BEFORE YOU ACT.

For questions regarding NCAA regulations, contact:
Alabama Athletics Compliance office at (205) 348-3615
or e-mail compliance@ia.ua.edu

COMPLIANCE CHALLENGE

Each question is worth one point. After you are finished, use the answers at the bottom to total up your score and see how you stack up!

1) Fans at a UA game may make and display signs encouraging visiting prospects to attend UA.
A. True – As long as the athletic department does not arrange for the signs to be displayed, fans may create them.
B. False – UA would be required to take affirmative steps to stop any such activity regardless of who creates the signs.

2) A television station may interview a prospect who is attending a UA game.
A. True – UA is not required to monitor who a television station might try and interview during a game.
B. False – UA may not allow any prospect who is in attendance at a game to be interviewed and additionally may not allow a station to show highlight clips of any prospect during a broadcast of a UA game.

3) Which of the following is a "countable athletically related activity" that a UA team must count in its twenty hours of practice time per week?
A. Time spent in a training room being taped before practice.
B. A meeting to discuss rules concerning agents.
C. Watching game film with a coach.
D. A player voluntarily going over plays with a coach.
E. Both C & D.

4) UA teams may donate used equipment to local high schools that do not have the funding to buy new athletic equipment.
A. True – The NCAA permits schools to donate items to local schools that are within a 30-mile radius of campus.
B. False – It is never permissible for a UA team to donate used athletic equipment to a high school.

5) On Thursday night, a UA coach picks up a prospect from the nearest major airport on arrival for an official visit. The coach drives the prospect directly to an off-campus hotel and has room service deliver a hamburger for the prospect as he leaves. Friday morning, the coach transports the prospect from the hotel to campus. When does the 48-hour time limitation begin for this prospect's official visit??
A. Once the prospect arrives on campus Friday morning.
B. Once the coach begins to transport the prospect from the nearest airport.
C. Once the prospect arrives at the hotel Thursday night.
D. Once the hamburger is delivered by room service on Thursday night.

(5) All-American (4) All-SEC (3) Player of the Week
(2) Participation Award (0-1) Score for the other team

Answer Key: 1)B 2) B 3) E 4) B 5) A